

Natural Organic Premium Quality Buckwheat Products
Hand Made by Jack Crisp
THE FINER ASPECTS of Japanese Style Bedding &
Certified Organic O.C.I.A. Buckwheat Hull Products

- The Japanese style Buckwheat Hull Pillow is the finest pillow for restful sleep.
- It is also, very good to put between your legs to relieve back pain.
- This amazing pillow helps reduce neck pain and muscle tension while you slumber.
- This pillow also gives you full support so that you can relax and rest more comfortably.
- The Natural Buckwheat Hulls ventilate the head keeping you cool and comfortable.
- The buckwheat hull pillow has a zippered 100% cotton cover.
- Just super as a traveling pillow - in the car - in motels & hotels - on airplanes.
- The Buckwheat Hull Pillow keeps your head cool in the summer and warm in the winter, the infrared heat from your body adjusts the temperature of the pillow.
- 100% QAI Certified Organic/Kosher and Non-GMO buckwheat hulls.

Buckwheat hull filling: Certified Organically Grown, a natural biodegradable grain hull, a byproduct of buckwheat groats and flour production. It conforms to the shape of your body for a grounded feeling, and the little air pockets between the hulls permit airflow to keep you cool. These same air pockets are warmed by the infrared heat your body produces and the special 100% cotton fabric helps hold this heat to a nice warm temperature while you sleep.

The buckwheat hull pillows are filled with processed clean #1 buckwheat hulls and ergonomically designed for ideal positioning. The buckwheat pillow provides optimum lightweight comfort for sleeping or resting, because poor head and shoulder support at night or resting can cause pain or discomfort upon awakening.

Use your buckwheat pillow at room temperature to keep the head and shoulder area warm in the winter and cool in the summer. Reduces snoring in men that get quite warm at night by allowing the head to stay cool, and not build up mucus in the nose area.

Also, very good to place between legs when low back pain arises.

Perfect for traveling, at the office, or at home, all **My Therapy Products** have been clinically tested to meet a range of therapeutic needs.

Use Care: wash zippered cover in the washing machine and dryer - remove buckwheat hulls from zippered opening first, then the cover may be washed in hot water in the washing machine and hot dry in the dryer. Do every six to 12 months to extend the life of your product.

Sift the natural buckwheat hulls before re-placing in the cover, this will remove any small pieces of hull that have broken. Do this about every six months.

The cover is 100% cotton fabric and filling is processed clean #1 buckwheat hulls from North American grown buckwheat farms. The zippered cover is made of 100% cotton and is filled with 100% O.C.I.A. Certified Organic/Kosher and Non-GMO buckwheat hulls.

Some customers who are allergic to grains are concerned about possible allergies to buckwheat hulls. Buckwheat hulls are not wheat at all, nor is it even a grain or a grass, but is a fruit related to the rhubarb family.

With normal use and annual machine washing the zippered cover - our buckwheat pillow should last you and your family many years.

How It Works!

The buckwheat hull pillow provides the necessary support for your head and neck to relax because the polygonal shape of the hulls provide stable support all night long. As air circulates freely through the hulls, it keeps your head and neck warm in the winter and cool in the summer thus allowing you to have a sound sleep, awakening refreshed and mentally alert.

The buckwheat hull pillow conforms to the natural contours of your head and neck while instantly shaping to your every position. This makes it easier for the smaller neck muscles to function properly and restfully during sleep.

These dynamic factors can help relieve a variety of daily discomforts arising from simple headaches, migraines, tension and spasms. It also assists in soothing the discomforts associated with stress and sleeplessness.

Directions, Care and Maintenance

We encourage you to try the buckwheat hull pillow and accustom yourself to using it as soon as possible, as it will help you get a peaceful and restful night of sleep.

When lying on the pillow, nestling your head for a few seconds will position the buckwheat hulls just right, by conforming to your head and neck contours.

After just a few weeks, you will have adjusted your sleeping lifestyle to a more natural sleeping pillow.

Buckwheat pillows have been and are globally used. For example in many European countries new borns are given both a buckwheat hull mattress and a buckwheat hull pillow. To promote sound sleep without being too cold or too warm while sleeping.

HISTORY:

In Korea all children are given a buckwheat hull pillow by their grandmothers. In Japan for hundreds of years and even today the only pillow that is available to purchase are buckwheat hull pillows, everyday ship loads of buckwheat is shipped to Japan from Canada, they make buckwheat noodles from the innerseed and make pillows from the hulls.

In Canada the first pillows and mattresses available and used by the first Canadians in eastern Canada, over a hundred years ago, was buckwheat hull pillows and mattresses. At that time they did not have cotton or hay to fill mattresses and pillows. Later, it was used in chicken coups too to help the chickens to deal with the cold temperatures of Canada, at times of the year no city in Canada is above zero degrees for weeks at a time.

Cradle yourself in complete comfort with the Body Pillow. It has been designed to relieve pain, promote better circulation and support for neck and back alignment. Both sizes are stuffed **with**

pillow quality buckwheat hulls. Designed to support your entire body in almost any position... provides optimum support for the upper and lower extremities while cushioning and maintaining proper spinal alignment. The flexible design allows a variety of positions while sleeping on your side or back.

Additional Uses:

We have neckbraces filled with buckwheat hulls, they are ergonomically shaped to fit around your neck without any snaps or ties. They are ideal for use while traveling in autos, trains, planes etc. your neck is supported so that you can doze off while moving, or waiting at airports for your late flight. The pillows are super for watching TV, as they stay firm and supportive. The travel size pillows are excellent for camping and hiking, light weight and they help warm your head on a cool night in the tent. Keep a couple in your RV or boat. We have excellent bolsters and mats for use during yoga or doing floor exercises.

Care and Maintenance:

Always use with a pillow slip cover to help keep pillow clean. Because buckwheat hull pillows are differently shaped, than what you are used to, they are very efficient pillows, because of this size difference we have available custom sized pillow slip outer covers, in assorted colours and designer fabrics only - for all the pillows and neckwraps etc.

The pillows conform to the shape and movement of your head as you sleep. The polygonal shape of the hulls allows air pockets to form, which don't flatten out during sleep, these pockets of air are warmed by the infrared heat your body produces - thus you have a warm, comfortable pillow which doesn't get hot spots during the night. It is these hot spots which can lead to restless sleep and snoring (caused by nasal fluids getting too warm and causing snoring) while sleeping, thus many people report reduced snoring (because the nasal fluids do not get too warm) by using a buckwheat hull pillow. Your head will be warm in the winter and stay cool in the summer.

Each Buckwheat Hull product is filled with North American Certified Organic pillow quality buckwheat hulls and covered in a 100% cotton fabric. The pillows all have a zipper opening to allow adjustment to the degree of firmness desired, also it makes machine washing and drying the cover possible.

Some customers have machine washed the Non-zippered products with the hulls inside... the experience is that they swell up - but, still work fine.

Buckwheat hulls the environmentally friendly pillow stuffing. It has become so popular, in fact, there are even shortages at times of the year.

USE NOTE:

Not recommended to heat buckwheat hull products - they are not a heatable product. Your body's infrared heat will adjust the buckwheat hulls temperature to an ideal temperature.

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